

HOUSE No. 457

The Commonwealth of Massachusetts

In the Year Two Thousand Nine

An Act to Promote Physical Activity in Schools..

Be it enacted by the Senate and House of Representatives in General Court assembled, and by the authority of the same, as follows:

1 SECTION 1. Section 3 of Chapter 71 of the General Laws, as appearing in the 2006
2 Official Edition, shall be struck out and replaced with the following section:

3 Physical education shall be taught as a required subject in all grades for all students in the
4 public schools for the purpose of promoting the physical wellbeing of such students. No pupil
5 shall be required to take part in physical education exercises if a licensed physician certifies in
6 writing that in his opinion such physical education exercise would be injurious to the pupil. The
7 department of education shall establish for all students in all grades, a minimum of 120 hours of
8 combined physical education and physically active lunch or recess periods per year; provided, at
9 least 90 hours shall be instructional physical education. These hours may include in-school and
10 after-school program hours. Curriculum requirements of physical education classes should
11 include, but are not limited to:

12 Structured activities geared to individually challenge each child’s physical activity level.

13 (b) Lessons and instruction on how each child can maintain a program of regular activity
14 on their own or in group activities.

15 (c) Exposing students to the process of getting involved in local and school athletic and
16 physical activity initiatives as well as introductory lessons to participating in these activities.

17 (d) Requiring children to choose and participate in at least one local or school program
18 based on their interest and ability level with guidance from educators.

19 SECTION 2. Section 3 of Chapter 71 of the General Laws, as appearing in the 2006
20 Official Edition, is hereby amended by inserting after section 3, the following section:—

21 Section 3A: The department of education shall establish for all students in all grades, a
22 minimum of 50 hours of nutrition and wellness programs in public schools per year to address
23 the nutrition and lifestyle habits needed for healthy development. These hours may include in-
24 school and after-school program hours. Curriculum requirements for in-school and after-school
25 programs should include, but are not limited to:

26 (a) Lessons and activities geared toward nutrition education as well as the physiological
27 component of calorie intake and output.

28 (b) Classes on proper nutrition should include in-class and at home assignments to
29 individually design and practice a balanced meal program consistent with the appropriate
30 calorie/energy guidelines for the student's lifestyle.

31 (c) Seminars, lectures and informative meetings should engage parents and caretakers to
32 participate in their child's curriculum.